

Selected Pages from Food Safety is Everybody's Business (Food and Beverage Workers' Manual)

Bacteria Unlike viruses, bacteria *can* grow in food. They are found everywhere and can grow when food workers are not careful about time, temperature, and cleanliness. Bacteria can spoil food or cause foodborne illness.

Bacteria that cause foodborne illness come from sources like soil, animals, raw meat, and people. Although they can come from lots of places, these bacteria usually only grow in certain foods. These foods are called POTENTIALLY HAZARDOUS FOODS. Keep potentially hazardous foods hot or cold to keep bacteria from growing.

Potentially Hazardous Foods

Potentially Hazardous Foods include:

Animal Products

- Meat, fish, poultry, seafood, eggs
- Dairy products

Cooked Starches

- Cooked rice, beans, pasta, potatoes

Fruits and Vegetables

- Cooked vegetables
- Tofu
- Sprouts (such as alfalfa or bean sprouts)
- Cut melons
- Garlic or herbs bottled in oil



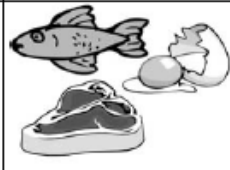



Potentially Hazardous Foods

To keep your food safe from bacteria:

- keep potentially hazardous foods out of the Danger Zone (41°F-140°F)
- do not work with food when you are ill (diarrhea, vomiting, or fever)
- wash your hands twice after using the toilet – once in the restroom, and then again when you get back in the kitchen
- use gloves or utensils instead of bare hands when handling ready-to-eat food
- wash, rinse, and sanitize all equipment used for food preparation

Cooking Temperatures

165°F (for 15 seconds)		<ul style="list-style-type: none"> • Poultry (chicken and turkey) • Stuffed foods or stuffing • Casseroles • All raw animal products cooked in a microwave • All reheated potentially hazardous foods
155°F (for 15 seconds)		<ul style="list-style-type: none"> • Hamburger • Sausage
145°F (for 15 seconds)		<ul style="list-style-type: none"> • Eggs • Fish • Beef • Pork
140°F		<ul style="list-style-type: none"> • Vegetables that will be hot held • Packaged ready-to-eat foods (such as hot dogs and canned chili) that are heated for hot holding

Note: Additional cooking times and temperatures are available. Beef or pork roasts have additional cooking requirements. Please see the Washington State Food Rule or contact your local health department for more information.

How to Wash You must wash your hands at a handwashing sink that has hot and cold running water, soap, and paper towels (or other single-use drying method). From start to finish, all food workers must wash their hands for at least 20 seconds.



Step 1: Get your hands wet so the soap will work.



Step 2: Apply soap and scrub. Be sure to scrub under the fingernails, between the fingers, and all the way up to the lower arm. Hands need to be scrubbed for at least 10-15 seconds. Time yourself until you get used to it. This scrub time is longer than most people wash!



Step 3: Rinse hands to send the soap suds and germs down the drain.



Step 4: Dry hands completely with a paper towel, or other single-use method. Paper towels are preferred because scrubbing with the towel helps remove more germs.



Preventing Bare Hand Contact

Even when food workers wash their hands well, they are not allowed to touch ready-to-eat foods with their bare hands. This is to keep germs that might remain on the hands from getting onto ready-to-eat foods.

Ready-to-eat foods are foods that are served without additional washing or cooking to remove germs.

Ready-to-eat foods include:

- washed produce that is eaten raw such as sliced fruit, salads, garnishes
- bakery or bread items such as breads, cakes, pies, tortilla chips
- foods that have already been cooked such as pizza, hamburgers, hot dogs, tacos
- foods that will not be cooked such as sandwiches, sushi, deli salads

Gloves

Food workers must use utensils such as tongs, scoops, deli papers, or single-use gloves to keep from touching ready-to-eat foods. For example, tongs should be used to put sliced vegetables into salads and scoops should be used to get ice out of an ice bin.

Single-use gloves may be used to prepare foods that need to be handled a lot, such as when making sandwiches, slicing vegetables, or arranging food on a platter. It is important to remember that gloves are used to protect the food from germs, not to protect your hands from the food. Gloves must be changed often to keep the food safe.



Gloves must be worn if you have sores, bandages, or cuts on your hands and you're working with food.

Important Rules for Using Gloves:

- wash hands before putting on gloves
- change gloves that get ripped
- change gloves that might be contaminated
- never wash or reuse gloves
- change gloves between working with raw and ready-to-eat foods
- throw gloves away after use
- wash hands after taking gloves off